



DIET, EXERCISE & OZONE THERAPY = AGAINST IMPOTENCE

The best way
to fight the signs of ageing
in men is to improve
the blood flow

The cardiovascular system is organized like a tree. Indeed when we talk about it, we use terms like arterial and venous trunks and branches. It is thanks to this that we survive. But in addition to all of these, there is something else which is very important: the capillaries, which despite their importance, paradoxically they are so called because of their minute size, sometimes finer than a hair's width.

To have an idea of how important the capillary network of our body is, it is sufficient to say that it has an extension of twenty six thousand kilometres. In reality, the capillary network is much longer than the main venous and arterial trunk system. For this reason, its contribution to the vital functions is extremely important since it is responsible for distributing oxygen and the essential nutrients – glucose, vitamins, triglycerides and amino acids – to all the cells. And if the quality of the blood is reduced, the quality of the supply of oxygen, sugar, vitamins and minerals etc. to the most important cells is also reduced.

Furthermore, the capillary network has a direct and fundamental effect on the sexual potency of man. The male erection is achieved thanks to the temporary flow of blood through the spongy tissue of the penis; a flow originated either by sexual arousal or manual stimulation.

This mechanism depends on two main factors : Testosterone – a male hormone – and localized blood flow.

With the passing of time, men experience a gradual reduction of their sexual potency. Medicine offers two forms of treatment: Either hormonal supply of testosterone or taking general or locally acting vasodilators. Both treatments together give even better results but, as so often happens in medicine, we are tending to treat the symptoms rather than the causes.

Diet and the quality of the capillary network

In cases where problems of male impotence are related to disruption of capillary circulation, and thus to the quality of the blood, there is a direct relationship to diet.

On the one hand, the quality of the blood influences the quality of the capillaries, since these regenerate themselves using the blood itself and they become damaged if there is an excess of fats and sugar. On the other hand, it directly affects the dynamics of blood flow, depending on whether it is more or less fluid. It is easy to imagine the difference between thick blood and more liquid blood when it passes through these capillaries.

Thanks to the capillaries we are able to live a good life. They are responsible for irrigating the eyes – that is to say, our sight -, the skin – they contribute to keeping us looking young or, on the contrary accelerating the ageing process – and the brain – memory -, the glands and, as can be seen here, the penis.

Capillary diameter is the equivalent to just one red blood cell (red corpuscles), which are responsible for carrying oxygen from the lungs to the whole body then they load up with CO₂ and offload it back into the lungs. When the diameter of the capillaries is reduced, the red cells find it difficult to move and blood circulation slows considerably, thus diminishing the supply of oxygen to the cells of the skin, the eyes, the brain, the glands (which secrete sexual hormones such as testosterone) and the penis. And less oxygen means less cell reproduction, less tissue regeneration, premature ageing, bad skin quality – weak and wrinkled -, worse eyesight, memory loss and...loss of sexual potency.

Other factors affecting impotence

Two more problems can have an influence on male sexual potency: lumbar pain and hypertrophy of the prostate gland. Chronic back pain, especially in the lumbar region, slipped disks, cauda equina syndrome, cause permanent inflammation of the sensory and motor nerves of the pelvic zone which in turn reduces the potential for sexual stimulation and diminishes sensitivity.

Hypertrophy of the prostate, whatever its cause, puts pressure on the genital area and does not allow blood to flow correctly to the penis. Such hypertrophy is closely related to diet – due to an excess of fats and sugars -. We can conclude that, in general, a reduction in male potency is reversible.



Modern medicine is a short term solution because it treats the symptoms directly; it cannot be criticized or condemned because it can be justified. For an immediate solution we can resort to the intake of testosterone and general or local vasodilators, always under medical supervision.

A very recommendable medium-term solution is Ozone Therapy: it permits an increase in the oxygenation of the whole body and has real free anti-radical and anti-inflammatory effects. The ozone performs a sort of global internal cleaning, including the blood vessels and capillaries, and little by little improves sexual potency.

But in the long term and with lasting effects, what really improves and maintains male sexual potency is following a suitable diet and taking regular exercise.

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